

Getting back up

Posted by yetziasmitzrayim - 18 Mar 2021 20:08

This is my first post. I've been trying to go 90 days for a while now, but keep messing up.

I had a fall today. Usually, when I fall, I feel like I should take advantage of that day or even a few days that I have no streak and do it basically as much as I can (considered me embarrassed).

Lately though, when I've fallen, I immediately feel like I should get back up like a fighter, even though I could technically keep doing it throughout the day without messing up a streak. My yetzer always taanehs to me that I don't really even care that it's an aveira, and hence I don't really have a good reason to get right back up. The only thing is, I'm starting to think that maybe I do care more than I think; why else would I have a hava amina to get back up?

A little while after the fall (like now), my drive to get back up quickly declines and I'm left with really no reason not to do the aveira. At this point, the only drive I have is that maybe tomorrow or the next day I'll feel good that I resisted. Maybe it will even give me a good powerful start, especially at the beginning of bein hazmanim. But I'm afraid of feeling like a loser that I didn't "take advantage" of this opportunity.

There's one big difference today. A few days ago, I decided to be ????? ??? ?????? ?????, even though I won't always like it or enjoy it. Until now I've been taking yiddishkeit lightly, running my own show, so to speak. Well, now I think this is a big test if I'm going to live up to my word. Am I going to keep doing the aveira today and start my new streak tomorrow, Shabbos, or sunday? Or am I going to say that I may have fallen, but I'm not my own person; I'm an ??? who still, right now, has to do ????? ?????.

I hope posting here alone will give me the chizuk to do the right thing, as well as chizuk from the community. I've also decided to update you guys latest on Monday B'eZRas Hashem. I feel uncomfortable making that commitment, but I think it's the right thing.

I think that's all my thoughts right now. I must say, just writing this, I already feel better and ready to take on the world!
? ??? ??? ?????????? ???!

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Re: Getting back up

Posted by HappyYid - 18 Mar 2021 20:20

Welcome!

Ive had that issue too, that I would try to do it as many times as I could before the day was over.

You're so strong that you posted. It gives the community chizuk too.

Keep it up!

Hatzlacha.

HappyYid

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Re: Getting back up

Posted by Lou - 18 Mar 2021 21:50

Welcome aboard!

?You have come to the right place! Posting regularly does do wonders. It is not the answer for everything, but certainly a great tool.

Hatzlocha on your journey!

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Re: Getting back up

Posted by DavidT - 19 Mar 2021 16:13

Welcome!

One point that we keep on stressing on GYE, It's very important to take the struggle only "one day at a time." Try never to focus on the future or wonder how we will manage. We must learn to live in the present **only**, focusing on staying "clean" or "sober" right NOW. When we focus on the future, we can easily fall.

It's also very important to make strong fences. When one makes a geder (fence) , it's as if he is saying, "I am committed to breaking this cycle, and my proof is that I'm going to make things difficult for myself." For example, if a person knows that by bringing his car to yeshivah he will have a bigger nisayon to go to certain places during bein hasedarim, then he could establish a geder by walking to yeshivah instead. While he can still slip, the geder he instituted nonetheless shows a level of commitment that he is motivated to deal with his problem. Ultimately, if a person has done as much as he could, the result is that he will have more siyata dishmaya and berachah from Hashem.

Here are some tips for gedarim:

1- Reward oneself if everything went well for a certain amount of time-- Doing this attaches a positive feeling and sense of accomplishment to a goal often associated with negative feelings. This in turn makes it much easier for the person to put in the effort needed to battle his yetzer hora. The reward need not be something large; it can even be a small item such as a pen, book, or certain food. Although this suggestion may sound a little simple, it could be very helpful.

2- Confide in someone after stumbling-- Having someone to confide in after one is nichshal is a good idea, but must be used with caution. The person must be motivated by a sincere desire to get help, and not just be thinking, "I want a shaychus with my Rebbe, and I know that I'll get attention if I speak to him about such a serious issue."

3- Call someone when feeling threatened-- This suggestion is very beneficial, even if a person doesn't actually get through to his mentor, or the mentor doesn't tell him anything he didn't already know. The fact that the person stopped for a second to think about how to help himself already cools off the yetzer hora, and it has therefore accomplished something good. (This suggestion is probably more useful when someone is in a more severe situation, but can still be helpful in other situations as well.)

4- Replace the behavior-- A person is quite often nichshal because he feels uncomfortable/ angry/ bored, etc. He should try to find a healthy, alternative way of expressing these emotions, without having to resort to improper behavior.

5- Move elsewhere-- If appropriate, one should get out of the situation that makes it easy to slip up. For example, if a person knows that he has a problem when he's in the dorm room at night, then he should try to prepare himself and walk out of the room when he feels this urge. Simply changing the location will help to slow things down and cool off the ta'avah, as stopping for a moment gives a person time to compose his thoughts.

6- Distract oneself-- Distracting oneself with something else, even if it's just for a short time, is sometimes enough to weaken the yetzer hora and enable a person to grasp the gravity of the situation.

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Re: Getting back up
Posted by Zedj - 19 Mar 2021 18:36

Welcome!

it's already a big step to post so give yourself a nice pat on the back for your big accomplishment!

Be assured that it's possible to get out of the mess and BEZH you will see your hard work pay off

I'm also home for bein hazmanim.

I love being home just its hard with unfiltered devices around.

what have you tried?

do you have a filter on your device? Do you have access to unfiltered devices?

What are you triggers?

Have you spoken with anyone in the past about this?

For me, learning my triggers and learning when I'm triggered helped me make the conscious decision that " I want to be clean now"

Stay connected and keep updating so as to keep yourself accountable!

Keep it one day at a time

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Re: Getting back up

Posted by yetziasmitzrayim - 19 Mar 2021 19:01

So... updating...

I didn't fall again! I'm still shocked lol. I also had to go into the city today and y'know... But Boruch Hashem I didn't fall again today either! Hopefully, I can post here again on Monday with

To all those who left replies, I might not get to replying before Shabbos, but I read them and appreciate it! Good Shabbos all!

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Re: Getting back up

Posted by yetziasmitzrayim - 11 Apr 2021 01:49

Yah the "one step at a time" attitude is definitely something very important that I've been working on lately. My whole attitude towards life and this and avoda and my yetzer have been shifting ever since the day I started this thread. Unfortunately, I don't really have time to share much now, but b'kitzur - I gave my yetzer a major blow that day and I started to realize the power of my nefesh elokis and the stupidity of the kelipa and how I can really control myself. Also, I have begun to realize the power of positive thinking and pushing away any negative thoughts, not just those that are not tznius. I hope to post in more detail at some point.

Thanks for the gedarim ideas! Gut voch!

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Re: Getting back up

Posted by yetziasmitzrayim - 11 Apr 2021 01:59

Zedj, thanks!

When I started this thread, I had a monitor but no filter. At that point though, I didn't care much anymore about someone seeing.

However, as my attitude has been shifting, I find that the needy/void feeling that causes me to seek out porn etc is less frequent, but there are still images online that trigger me. I decided to get a filter to block these sites which besides the issue of triggering, are a big waste of time and don't really help my life. I went with GenTech. It's a little too soon to say how well it really works. I've still been triggered a couple times and then found loopholes, but soon I"yh I'll have the security beefed up. I also hope that being in Yeshiva again and using my laptop the bare minimum will help.

In answer to your last question, I don't really know! I guess really have to ask myself that, so that - as you said, I can make that conscious decision that I want to be clean.

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Re: Getting back up

Posted by yetziasmitzrayim - 11 Apr 2021 02:25

Well, I never ended up updating on Monday. I did make it those three days but broke it when it was almost four. Ah well, that's all behind me. Like I mentioned above, my attitude has started to change and as a result, my bein hazmanim was one of the best I've had, despite falls here and there.

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Re: Getting back up

Posted by Striving Avreich - 11 Apr 2021 07:39

Bein Hazmanim is a haaaard time. Hatzlacha on the upcoming zman

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